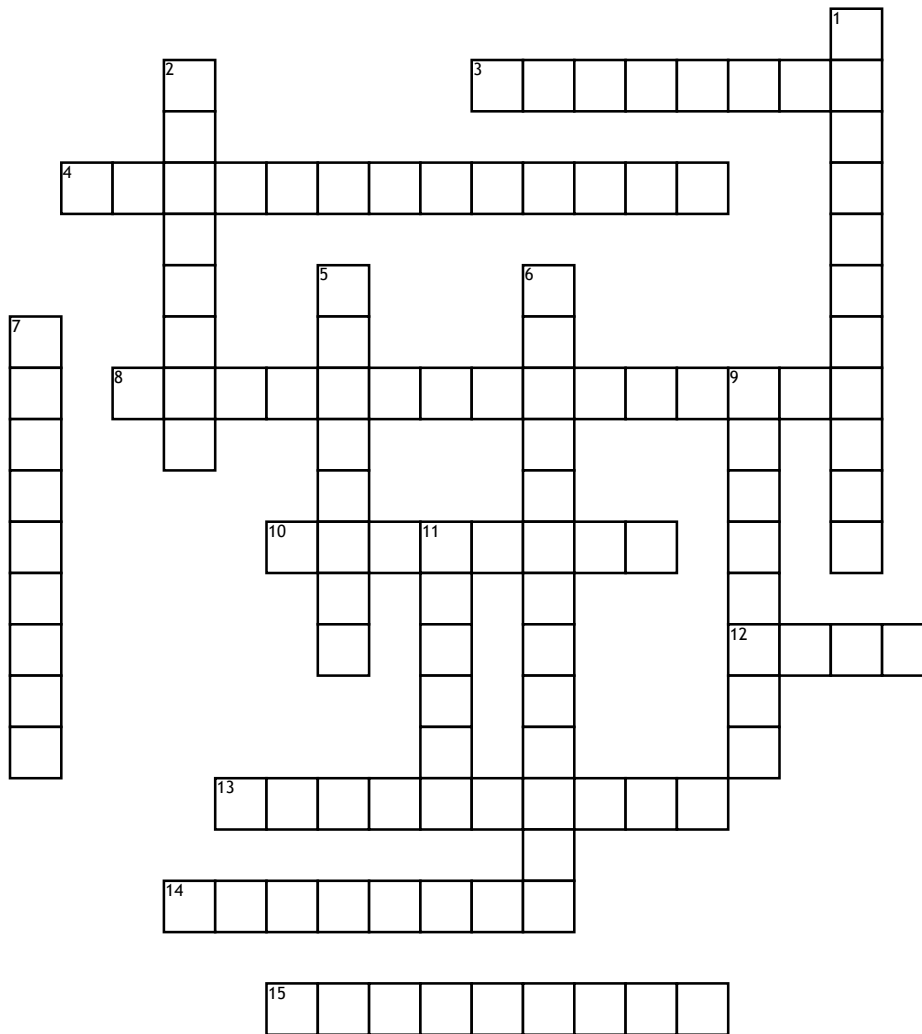


Name: _____

Date: _____

Health Nutrition



Across

- 3. Which vitamin works as an antioxidant to protect cells from damage
- 4. A factor that affects so quickly you burn off calories
- 8. Liquid at room temperature
- 10. Elements that help form healthy bones and teeth, and regulate certain body processes
- 12. The shortage of this nutrient could lead to anemia

13. DV on a nutrition label stands for

14. This macro nutrient is made from chains of amino acids

15. Which fat is not found in nature and is especially bad for the body

Down

1. The amount of food Americans typically eat in one sitting

2. Which vitamin is important for fighting infections and healing wounds

5. Which vitamin helps with calcium balance and strong bones

6. Solid at room temperature

7. Have a portion sizes in the US increased or decreased over the years

9. The psychological desire for food

11. A calorie is a measure of

Word Bank

Increased

Unsaturated fats

Vitamin D

Minerals

Serving size

Iron

Proteins

Daily value

Saturated fats

Energy

Trans fats

Appetite

Vitamin E

Activity level

Vitamin C